



The Australian College Of Tai Chi & Qi Gong -Newsletter-

太極
Term 2
April - June 2012

Term 2: Wu Style Tai Chi Pushing Hands Class.

Tai Chi is known around the world as a relaxing exercise for all ages. Sometimes people forget it is firstly a martial art. The martial arts application is more clear in the fast form and the natural progression is to learn Push Hands. Pushing hands teaches how to keep gentle but constant contact with your partner/opponent. Following their movement without force. Master Sam Li will teach Wu style pushing hands hand and feet techniques that will progress to practice with other students. Pushing hands classes also help students test their balance and understanding of the form so it is recommended to all. The usual and preferred method is to learn slow form, then fast form before moving on to Pushing Hands. Please contact Sam Li if you have other similar experience and would like to join the class. Class program lists class times, fees and locations.



'Food For Health' Workshop – Sat 4th & Sun 5th August 2012

Learn how to use food as medicine. Choose foods to suit your individual health situation. Several lecturers over 2 days at Caringbah Healthcare Centre. Featuring talks by: **Master Sam Li, Acupuncturist and Chinese Medicine** – Food For Seasons, Tea For Health. **Carolyn Shoemark, Dietician** – Food For Disease. **Alison Wafer, Chiropractor** – Food For Joints And Spine. **Elizabeth Foley, Psychologist** – Food For The Brain and **Sandra Findon, Yoga Teacher** – Vegetarian Food For Health.

Saturday 4th and Sunday 5th of August 2012. 10am – 4pm. \$140.00 per person. (earlybird discount...\$120 if paid before 7th July). Notes and refreshments provided. Workshop to be held at Caringbah Healthcare Centre Shop 2/52 President Avenue, Caringbah. (Easy parking in shopping centre carparks). Please call Master Sam Li on 9525 8886 to register.

Advanced Classes In Tai Chi & Qi Gong

After finishing level four classes it is always a good idea to continue practising in a group to avoid developing bad habits in solo training. Sometimes Saturday sessions can be helpful for this. Another alternative is to join an advanced class to further improve your form and fine tune your training. In term 2 there are advanced classes available in sabre, straight sword and fast form. It is also possible for Qi Gong students to repeat levels of Qi Gong to refresh their understanding and to pick up points they may have missed the first time around.

AUSTRALIAN COLLEGE OF TAI CHI & QI GONG

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